

DAY 3 MORNING/MIDDAY OFFICE

Silence and Stillness before God (1-2 minutes)

Scripture Reading

And **they devoted themselves to** the apostles' teaching and **the fellowship**, to the breaking of bread and the prayers. And **awe came upon every soul**, and many wonders and signs were being done through the apostles. (Acts 2:42-43, ESV)

Devotional

A study by the California Department of Mental Health found that if you're not connected to others –

- **You are two-to-three times more likely to die an early death**
- **You are four times more likely to suffer from emotional burnout**
- **You are five times more likely to suffer from clinical depression**
- **You are ten times more likely to be hospitalized for an emotional or mental disorder**

Those are pretty serious consequences!

Author Robert Putman, in his book Bowling Alone, made this staggering statement: **“As a rule of thumb, if you belong to no groups, but you decide to join one – that is, you make the choice to get connected to other people – don't miss this – you cut your risk of dying over the next year in half!”**

In response to that fact, another author said: **“It is difficult to imagine anyone not interested in cutting their risk of dying in half.”** And he added: **“That's why the church I serve has as their motto for their Life Group ministry: ‘Join a group or die!’”**

Yes! Life Groups benefit you spiritually and socially! But, they also make a significant contribution to your emotional, physical and psychological well-being!

Questions

Do you see the importance and value of connecting with others?

Prayer

If you are already in a group of some sort, thank God for the group. If not, ask God to show you what step could you take today to move toward connecting with others.

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